# Title: Who am I? What does what we wear show?

**Key Questions:** How important is a sense of belonging to believers? How can we ensure that everyone experiences a sense of inclusion? Can we think of any examples of people who are modest? How do people show that they belong to different groups and organisations? How can I ensure that everyone experiences a sense of inclusion?

**Key Concepts:** identity, self-awareness, commitment, symbols, kosher

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| **Learning objectives** | **Activities** | **Resources** |
| Be able to explain the significance of the 5 K’s for Sikhs todayAnd reflect on how symbols show something about our identity | * Brainstorm symbols/clothes that reflect identity or commitment or have a series of images of people for whom you can identify something about them by their clothing/dress.
* Discuss the significance/reasons for wearing uniforms and symbols
* Introduce the 5 Ks: Place the items in a bag – allow one student to see one item and then describe it to the rest of the class - students have to draw the item from the other student’s description.
* Use artefacts/ text books, video clips to explore their meaning
* Do a matching activity- item, picture, meaning, challenges
* Discuss how these items may help a Sikh in their everyday life and also what challenges wearing the 5 Ks may present. How does wearing the 5 Ks affect a person’s sense of identity?
* Write a response to a letter from a student who is being bullied/laughed at for wearing the 5 Ks.
 | 5 KsBBC learning clips:<https://www.youtube.com/watch?v=qn3KNyPNKic><https://www.bbc.co.uk/programmes/p010xh6r>Textbooks /information sheets as requiredLetter from upset Sikh student.This resource will have downloaded into the unit folder.On-line codeKS3\_03\_02\_06\_Letter. |